

SESSION STRUCTURE

PART B: COPING WITH FRUSTRATIONS

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part A of the workbook
- Review the most recent assignment where caregiver tracks frustration and youth response to frustration

Intervention

Goals

- Learn new coping mechanisms

Activities

- Identify possible coping mechanisms
- Determine caregiver willingness to use new coping mechanisms

Assignment

Goals

- Apply the new coping mechanisms

Activity

- Give assignment to adopt coping mechanism and keep track of how well it worked

DURATION
20 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute